SEMANA DEL 20 AL 26 DE AGOSTO

	LUNES	SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA	
08:00h-08:30h											08:00h-08:30h
09:30h-10:25h											09:30h-10:25h
10:30h-11:00h											10:30h-11:00h
10:30h-11:30h											10:30h-11:30h
10:30h -11:30h											10:30h -11:30h
11:00h-12:00h			PERFECT BODY	S2			HAMMER PUMP	S1			11:00h-12:00h
11:30h-12:00h											11:30h-12:00h
11:30h-12:15h											11:30h-12:15h
11:30h-12:30h	HAMMER PUMP	S1			Perfect Legs	S2					11:30h-12:30h
12:00h-12:30h							indoorwalking	IW			12:00h-12:30h
12:15h-13:00h			45' CICLO INDOOR	CI			Solo chicas				12:15h-13:00h
12:30h-13:00h	indoorwalking	IW			CICLO INDOOR	CI	Glúteos Brasileiros®	S2			12:30h-13:00h
12:30h-13:30h	BOXEO	S1			BOXEO	S1			BOXEO	S1	12:30h-13:30h
14:00h-15:00h	BOXEO	S1			BOXEO	S1			BOXEO	S1	14:00h-15:00h
14:30h-15:15h					CICLO INDOOR	CI					14:30h-15:15h
17:00h-17:30h											17:00h-17:30h
17:00h-18:00h											17:00h-18:00h
17:30h-18:00h											17:30h-18:30h
18:00h-18:30h							CICLO INDOOR	CI			18:00h-18:30h
18:00h-19:00h					HAMMER PUMP	S1					18:00h-19:00h
18:00h-19:00h											18:00h-19:00h
18:30h-19:00h	CICLO INDOOR	CI					Glúteos Brasileiros® Solo chicas	S2			18:30h-19:00h
18:30h-19:25h											18:30h-19:25h
18:30h-19:30h											18:30h-19:30h
18:35h-19:05h			indoorwalking	IW							18:35h-19:05h
19:00h-19:30h	CICLO INDOOR	CI			CICLO INDOOR	CI		IW	CICLO INDOOR	CI	19:00h-19:30h
19:00h-19:30h							ABDOMEN	S2			19:00h-19:30h
19:00h-20:00h	BOXEO	S1			BOXEO	S1	ZUMBA	S1			19:00h-20:00h
19:05h-19:35h											19:05h-19:35h
19:05h-20:05h				S1							19:05h-20:05h
19:15h-20:00h			CICLO INDOOR	CI							19:15h-20:00h
19:30h-20:00h							CICLO INDOOR	CI			19:30h-20:00h
19:35h-20:05h	CICLO INDOOR	CI									19:35h-20:05h
19:35h-20:05h	Glúteos Brasileiros®	S2			CICLO INDOOR	CI					19:35h-20:05h
19:35h-20:05h									BOXEO	S2	19:35h-20:35h
19:35h-20:35h					Solo chicas ZUMBA	S2			HAMMER PUMP	S1	19:35h-20:35h
20:00h-20:30h											20:00h-20:30h
20:00h-20:30h							CICLO INDOOR	CI			20:00h-20:30h
20:05h-20:35h		S1	ABDOMEN	S1	ABDOMEN	S1					20:05h-20:35h
20:05h-20:35h	CICLO INDOOR	CI									20:05h-20:35h
20:05h-20:35h	ZUMBA		Glúteos Brasileiros®	S2							20:05h-20:35h
20:05h-21:00h		S2									20:05h-21:00h
20:15h-21:00h											20:15h-21:00h
20:35h-21:05h					Glúteos Brasileiros®	S2					20:35h-21:05h
20:35h-21:05h							CICLO INDOOR	CI	indoorwalking	IW	20:35h-21:05h
20:35h-21:35h			PERFECT BODY	S2							20:35h-21:35h
20:35h-21:35h	BOXEO	S1			BOXEO	S1	HAMMER PUMP	S1	BOXEO	S1	20:35h-21:35h
20:35h-21:35h											20:35h-21:35h
20:45h-21:30h			CICLO INDOOR	CI							20:45h-21:30h
21:05h-21:35h											21:05h-21:35h
21:05h-22:05h											21:05h-22:05h
21:35h-22:05h											21:35h-22:05h

	SABADO										SABADO
12:00h-13:00h	NO HAY CLASES										13:00h-13:45h
13:00h-13:45h											13:00h-13:45h